



NEW COMMUNITY

CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 3 NO. 6

NEWARK, NEW JERSEY

AUGUST, 1985

Health Care Center Offers New Lease On Life

Life as a person with limited income in a large American city has many uncertainties. What would happen to you if you got sick is one of the most frightening. A typical solution for many would be a visit to a large hospital clinic or emergency room where unknown doctors (that would be a worry in itself) would poke, prod and prescribe without any real understanding of who or what lay beneath the surface of the physical presence before them.

Because New Community deeply cares for the individuals in this Newark neighborhood and all their needs, it considers quality health care for this community a mandate. Because NCC really cares about the dignity of the individual, the New Community Health Care Center now located at St. Joseph Plaza was created.

With the utmost support and encouragement of Dr. James R. Cowan, President and Chief Executive Officer of United Hospitals Medical Center, the NCC Health Care Center has become part of the United Hospitals Ambulatory Care program and is staffed and serviced by dedicated doctors and medical personnel from that facility. It has the complete expertise of United Hospitals Medical Center at its disposal.

At a time when the actions by the Reagan Administration to curtail

health costs have created dissent among those responsible for this care over the quality and end result of such cuts, the services of the Health Care Center have even greater importance than before such cuts were contemplated.

In a recent article in the New York Times concerning health care it stated the House Ways and Means Committee approved restrictions and cutbacks in Medicare designed to reduce projected spending by 10 billion dollars over the next three (3) years. A preliminary survey by the American Medical Association to physicians, the article also mentioned, found that 60 percent of the 7,800 physicians who responded said quality of care had already deteriorated because of cutbacks already in force or that they feared such a decline.

Some experts, however, disagree. They feel the reduced hospital stays caused by cost-control measures such as set rates for each specified ailment, regardless of the severity or other treatment cost factors, have also reduced the incidence of new diseases acquired in the hospital. They also feel the regulations have been an incentive to hospitals to be more efficient, to eliminate unnecessary admissions and testing.

Relieving the burden of inappropriate (and expensive) use of Emergency Room facilities is one task

which the Health Care Center at St. Joseph Plaza is now doing.

The Center's move to the new facility at the Plaza has allowed the expansion of its range of health care services. The number of examining rooms available has increased from 2 to 6 and the installation of special features and equipment provide new testing and treatment capabilities

whirlpool treatment which is technically known as hydrotherapy. It can be used for conditions of the feet, ankles, and legs including: sprains and strains; arthritis; muscle aches; tired feet; post operative therapy; ulcers; swelling; circulation increase; and callous softening.

There are different types of hydrotherapy treatments. For in-



Dr. Rosilyn Ryals pediatrician at NCC Health Care Center gives camp physical to Ronald Thomas as mother Melinda Thomas looks on.

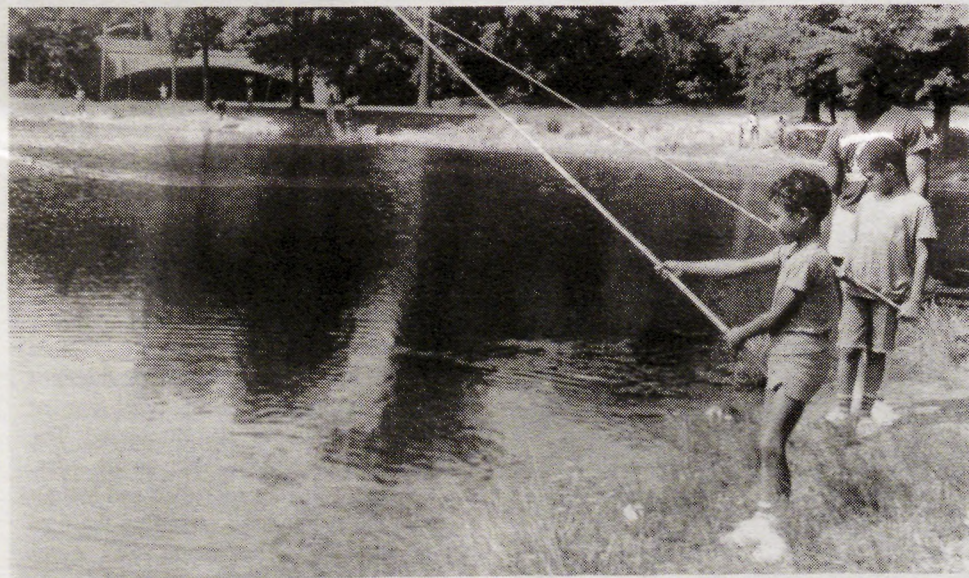
which are discussed below. It serves over 300 patients per month.

Among its increased capabilities, the satellite facility of United Hospitals Medical Center offers

stance, cold water may be used in whirlpool treatment of recent ankle sprains or strains. However, 80% of the time warm water is used for

Continued on page 3

Babyland Summer Enrichment Program In Full Swing



Fishing is fun anytime but there's a certain pride in knowing how to cast a line and catch one of the big ones. Intent on doing just that are two of the Babyland Enrichment Program youngsters under the watchful eye of Rodney Lewis, summer worker with urban fishing program sponsored by the Department of Parks and Recreation.

It's hard to believe that summer is half over, but July has already come and gone. For most children, the novelty of not going to school is wearing off and the question becomes — "what is there to do today?"

Well, Babyland's Summer Enrichment Program is in full swing and will be continuing to provide about 65 children with recreational and educational activities every day until August 30th. Our staff of 7 full time workers, including 2 new counselors, Mary Davis and Kathy Neal, is working hard to make the day camp fun, safe and a positive experience for everyone involved.

During July we've utilized the facilities of both the Orange and East Orange YMCA's to provide every child from 5-13 years of age with swimming instruction. The classes are small, enabling each child to receive individual attention from certified water safety instructors. Even

those who were at first fearful of the water are now able to stay afloat and safely enjoy a refreshing dip in the pool.

The Essex County Parks Commission also has a number of activities we've taken advantage of; one of the most popular being the "Urban Fishing Program" in Branch Brook Park. All equipment is provided and youngsters are shown how to bait a hook, throw a line, and try to catch a fish in one of the parks ponds. Not too many fish have been caught but you would be amazed by some of the stories of what got away!

Some of the finest tennis courts around can also be found in Branch Brook Park. We have a group of future tennis players taking lessons there twice a week.

One of the most important resources for our program has been the Newark Museum. Just a partial

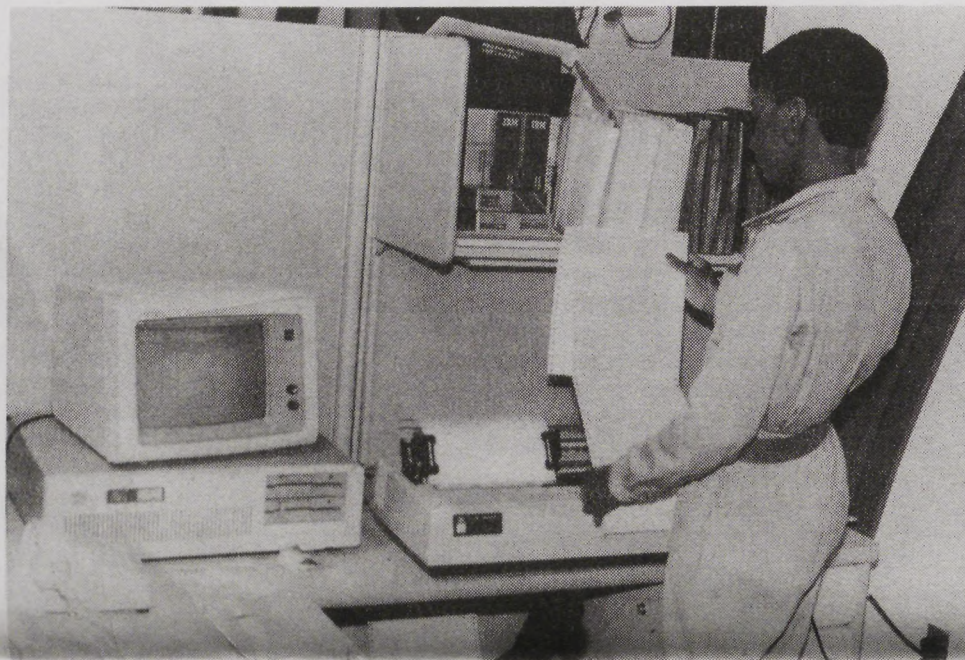
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Recommendation For Automation Presented

A Recommendation For Automation has been presented to the Board of Trustees of New Community Corporation. The recommendation outlines the necessary software and hardware to implement a comprehensive financial/management system that meets the current and future needs of the New Community Network. The recommendation was developed by an in-house project committee consisting of Skip Lee, Director of Asset Management, Bill Cruz, Systems Analyst, and James Rohrman, Systems Manager. The in-

duced by the system was evaluated on its content and format and conformity to NCC requirements. Finally, the combined total cost for each vendor was compared.

The outcome of the detailed analysis has been the recommendation of the Hewlett Packard hardware and OPUS software as the combined system to meet the current and future needs of the New Community Network. These vendors combined, were judged to provide the superior solution for each of selection criterion. Hewlett Packard has installed over



Georgella Wyne, executive secretary at NCC administrative office looks over printout copy of report she has just entered in the computer system. Errors or changes are readily corrected via computer and add increased efficiency.

egrated computer system will increase accounting controls and integrity, raise staff productivity and response time, afford greater responsiveness to outside reporting requirements and provide additional information to top management.

A detailed comparative analysis of the finalists was compiled to support the recommendation. Each vendor was judged on several criterion. A standard feature was ranked above the comparable customized feature because of the time and risk of designing and implementing a custom feature. Additionally each report pro-

1700 similar computer systems, nationally. The OPUS Corporation has an established reputation as a leading developer of financial/management systems.

Presently the Board is evaluating the recommendation on its ability to satisfy the need of the New Community Network. Additionally, the Board of Directors of the New Jersey Housing and Mortgage Finance Agency will evaluate the proposal. Approval is anxiously being awaited so that rapid progress may continue in the implementation of this comprehensive information system.

*The Clarion is really great.
It surely keeps you up-to-date.
Beth Pike, age 10*

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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A CHANGE OF PACE

ST. JOSEPH PLAZA
THE SANDWICH SHOP
233 W. Market Street
Newark, N.J.

Relax in the quaint atmosphere of the Atrium in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

FRIDAY NIGHT SPECIAL from 4 P.M. until closing

Shrimp Jambalaya • Saute Chicken Liver and Giblets w/Onion
Barbecued Chicken Wings • Swedish Meatballs

White Rice • Macaroni and Crabmeat Salad • Cheese Straws

Three types of cheese dips and an assortment of potato chips, crackers and frito chips, salted peanuts.

Cash Bar

Change Of Pace Gathers Crowd

A Change Of Pace evening was offered recently in the atrium of St. Joseph's Plaza and has proven very popular.

More and more, working people are dropping by on Friday afternoon from 4 p.m. on, after a hard week's work, to sit down at our cheerful tables and listen to the talented hands of Curtis Watkins draw beautiful music from our lovely grand piano. For those who love a fine voice — there is Emily Ross. Together they soothe and smooth and swing and sway all who

listen and come to stay.

A complimentary buffet is available from 6 p.m. until closing, consisting of luscious items like shrimp jambalaya and Swedish meatballs. Beer and wine can be ordered from a waitress as you sit and listen and let the musical interlude take your cares away.

What a nice way to make new friends or greet some old ones at the end of a long hard week. Why not stop by and give us a try?



Curtis Watkins accompanies Emily Ross at the piano while she sings a lilting melody for Change of Pace gathering.

Newark Pre School Council Luncheon Held



Some Newark Pre School Council Members pose for picture after recent luncheon. From left to right Ms. Ann Scott, Ms. Bessie Thomas, Ms. Alexzina Brown, Ms. Cena Warren, and Ms. Bonnie Fuller.

July 2, 1985 marked the beginning of summer vacation for the staff of Newark Pre School Council. Areas 1 and 5 got together at a catered luncheon at The Priory in St. Joseph's Plaza for a most enjoyable afternoon. Ms. Bonnie Fuller a resident of New Community and an employee of Newark Pre School recommended The Priory to her supervisor Ms. Scott. Mrs. Thomas from area 5 later called and included her group. The total attending the luncheon was 77. The menu was complimented by everyone and there were requests that The Priory host their Christmas Party. Thank you for your patronage Newark Pre School. We're looking forward to Christmas.

George Ransome

New Lease On Life

Continued from page 1

treatment.

The principle behind the effectiveness of hydrotherapy is that a steady force of air into the whirlpool machine pumps water into an "agitated" motion. The circular, agitated motion of the water produces a soothing, tension relieving sensation to the submerged area.

Medicare reimburses only for patients with certain diagnoses. The podiatrist, Dr. Frank will determine upon examination who is to receive hydrotherapy treatment. Do inquire about our newly instituted whirlpool treatments when you visit with Dr. Frank.

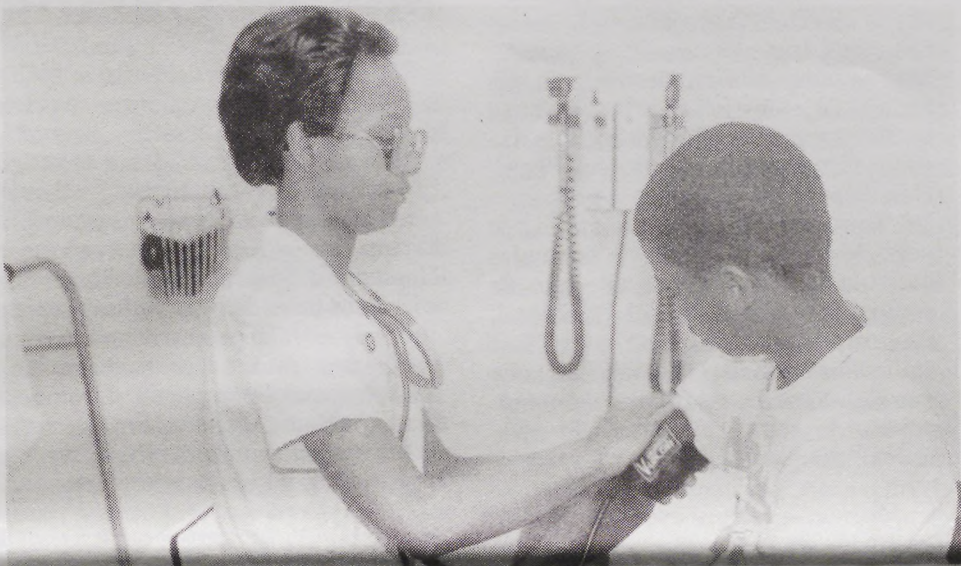
This is the 2nd year that United Hospitals Medical Center, through its satellite facility at NCC Health Care Center has provided camp physicals

unidentified preventable medical or dental problems. In an effort to encourage regular health care for those patients who do not have a private physician or who have not seen their private physician within the period of a year, we encourage regular follow-up with the private physician or make a referral to a source of primary health care for the patient.

Ear, nose and throat ailments are also treated at the satellite facility.

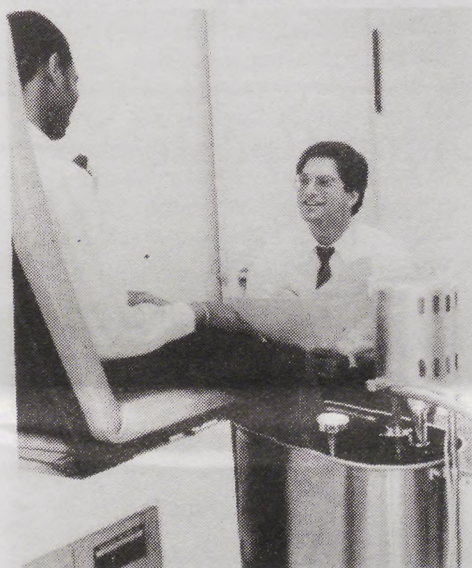
According to Dr. Paul Rossos, one of the ENT physicians at the Health Care Center, patients with the following conditions are generally referred to the E.N.T. physician at New Community Health Care Center:

Hearing problems/hearing loss
Nasal congestion & nasal obstruction



Medical Assistant Beverly Bradley checks blood pressure of patient.

for the Fresh Air Fund. Health and immunization histories are taken on children between 7 to 13 years of age, followed by a complete physical examination. The camp physical examination process involves vision, anemia, urine and tuberculosis screening. Many children who do not have a regular source of health care



Dr. Kenneth Frank is pleased to be able to use new whirlpool on suffering feet.

are identified to have medical and dental problems.

There is a major need for parents to realize the benefit of regular on-going medical and dental health care supervision, according to pediatrician, Dr. Rosilyn Ryals. Children who receive regular health care are less likely to require an emergency physical exam and screening to enable them to go to camp, and are less likely to have

Sore throat, hoarseness

Neck masses

Allergies and dizziness

Basically, screening procedures are conducted at the satellite health center such as general ENT examination and gross hearing testing (with a tuning fork). Infection can be treated on the premises, "work-up" and/or surgery are referred to United Hospitals Medical Center.

The ENT clinic at New Community is held one day per month and we anticipate that additional days may be added in the future. People of all ages are seen.

Dr. Rossos commented that ear, nose and throat conditions such as infections and allergies tend to occur more frequently during the Fall and Spring seasons.

The addition of stress testing equipment at the facility will also be a help to all patients especially those using the New Beginnings Spa and Wellness Center Executive Program.

Dr. Aloysius Cuyjet explained the use of the program for our article and will be available by appointment for such services along with Dr. Shashi Argarwal.

Exercise stress testing is a safe and invaluable tool which has been in use for nearly 50 years. Its applications are important for patients with and without cardiac disease.

Patients with non cardiac diagnoses may be referred for exercise testing disease. It is particularly useful in to evaluate and diagnose chest pain. Other patients with known heart disease may undergo exercise testing to evaluate how well their medica-



Dr. Shashi Agarwal checks folder containing taped results of stress test administered to patient as part of stress reduction program.

tions are working or to evaluate the severity of an individual's heart evaluating patients following heart attacks or coronary artery bypass surgery. After exercise testing your physician may then prescribe a specific exercise program to speed and assist your recovery and cardiac rehabilitation.

But exercise testing also has important applications in patients with heart disease. Most doctors now believe that regular vigorous exercise enhance the quality of life by increasing the physical capability for work and play. Further, regular exercise may help to prevent redevelopment of heart disease. Exercise testing before beginning an exercise program provides you and your physician with a wealth of information: it may rule out latent heart disease in an asymptomatic patient; it will indicate your current level of physical conditioning, which will indicate what exercises you should and should not do; it will demonstrate how your blood pressure responds to activity; and lastly, after you have completed your exercise program, a repeat test will indicate how well you have done.

So, New Community welcomes the addition of a safe and powerful tool that will help doctors and patients alike, and will contribute to the prevention as well as the treatment of heart disease.

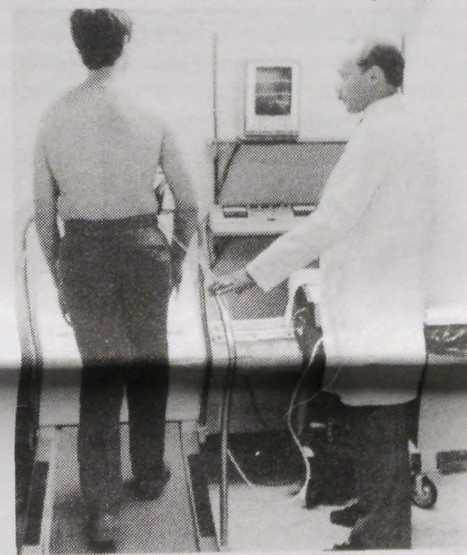
About Cost

In the beginning we spoke about the fear created by a limited ability to pay for health care and the problem of escalating costs and corresponding cutbacks.

In this regard NCC Health Care Center is outstanding. **Anyone can make an appointment and be seen by the United Hospitals doctors,**

regardless of ability to pay. A sliding scale is available so that money or lack of money is not a problem. If you are in need of financial assistance, according to Connie Ford, VP of Ambulatory Services, arrangements can be made according to your ability to pay.

One big consideration in health care is preventive medicine. It is far easier to catch an illness early on, as



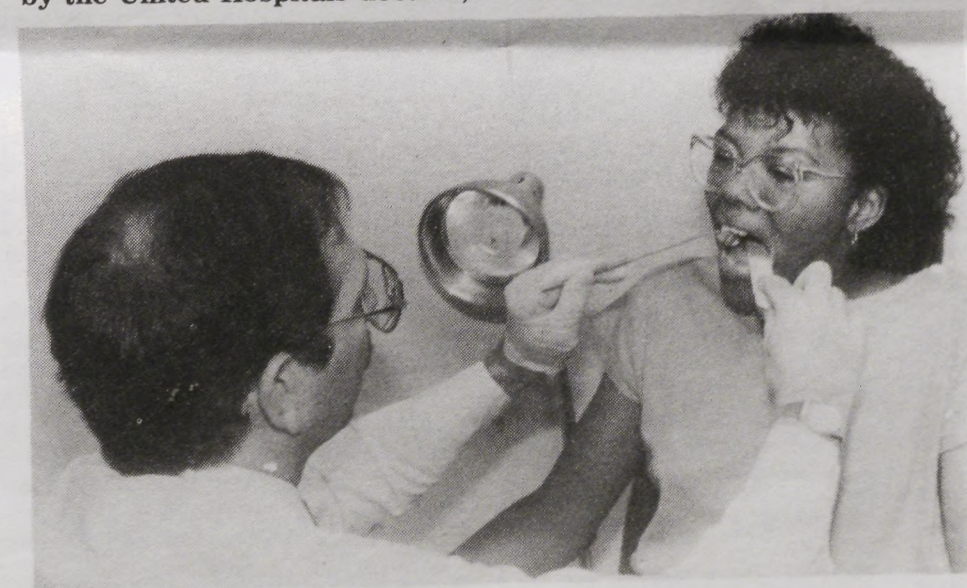
Conducting an exercise stress test, Dr. Aloysius Cuyjet puts patient through paces using new testing equipment available.

in the recent case of President Reagan, than to have to pay for medication for the rest of one's life.

Please don't hesitate to come in and discuss it if you think you have a problem.

The Health Care Center is here in St. Joseph Plaza for your well being. It is a community service.

Come in for a visit soon — and keep healthy. Get a **NEW LEASE ON LIFE!**



ENT physician Dr. Paul Rossos checks patient's throat before making diagnosis.

"BUENA CONDICION FISICA" ES EL LEMA DE TODOS EN EL Gimnasio provee "nuevos comienzos" para unos miembros entusiastas

¿Un lujoso gimnasio conveniente al centro de Newark? ¡Absolutamente!

¿Un viajecito al rededor del circuito de los equipos en el gimnasio durante la hora de almuerzo para revivirlo, refrescarlo y recargarlo a usted? ¡Definitivamente!

Cada día más personas están descubriendo el "New Beginnings Spa and Wellness Center" en St. Joseph Plaza, el cual ofrece a las damas y caballeros ocupados una oportunidad de ejercitarse cerca de sus oficinas.

La meta de este gimnasio es preparar un programa de salud diseñado para usted, con aquellas necesidades de cada persona. Los amantes del "Tennis", por ejemplo, tal vez necesitan más poder en los músculos de las piernas; aquellos en trabajos sedentarios tal vez necesitan la oportunidad de estimular más la circulación de la sangre a través del cuerpo para mantenerlo saludable. O, tal vez, un empleado de mantenimiento de NCC, necesite más fuerza en los brazos y en la espalda. Uno puede desarrollar fuerzas y resistencia gradualmente y con seguridad.

Descuentos para grupos están disponibles, ya que ningún cuerpo es igual a otro, una consultora o un consultor en ejercicios evaluará las necesidades de cada persona, y, sugerirá un programa para cada uno. Aprenderá usted entonces las variadas formas que existen para obtener sus metas, tal vez pérdida de peso, obtener más músculos o reducción de cualquier area que sea un problema.

Una buena nutrición es necesaria para obtener resultados mediante ejercicio; esto será enfatizado.

Un programa básico incluye el uso del equipo de ejercicio consultas periódicas de ejercicios, el uso de sauna y clases de aeróbicos.

Un programa más complejo incluiría el "Wellness Center" que forma parte de "New Beginnings". Esta

parte incluirá: un programa de ejercicio ejecutivo, un programa cardiovascular y un grupo de ejercicios para envejecientes.

¿Qué es un "Wellness Center"? Webster define la palabra "well" como "afortunado", confortable en salud y en otras cosas, pero "Wellness" quiere decir también el compromiso por vida de ejercitarse, una buena nutrición y el compromiso de reducir aquellos factores de riesgo que conllevan enfermedades cardiovasculares (ataques al corazón, etc.)

El "Wellness Center" no solamente provee a la Comunidad una facilidad que contiene el equipo de ejercicio más moderno disponible, sino que también ofrece otras atracciones adicionales, tales como un programa diseñado a necesidades ejecutivas. La meta de dicho programa será la reducción del factor riesgo. Habrá conferencias por la Doctora Adenale Troutman acerca de cómo administrar bajo presión. También sesiones por Susan Burgio quien es una dietista registrada en nutrición y control de peso y clases por la sociedad americana del cáncer acerca de dejar de fumar. El fisiólogo Kerry Gillespie le explicará a los miembros cómo funciona el delicado sistema que llamamos el cuerpo humano desde los huesos hasta los sistemas musculares y digestivo. Se ha llegado a la conclusión, de que, mientras más aben las personas acerca de sus cuerpos, y cómo funcionan, más inclinadas están a cuidarlos.

El programa de ejercicios cardiovasculares constará de un programa individual incluyendo administración bajo presión y la reducción del factor riesgo.

Especialmente para envejecientes, estará diseñado el programa de ejercicios para envejecientes, el cual enseñará y estimulará el uso de todo el equipo de ejercicios en una forma diseñada para capacidades y necesidades individuales.

Les explicaremos cómo funciona todo: una vez que su programa haya sido preparado, estará listo y en espera cada vez que usted venga al gimnasio. Simplemente cambie de ropa en el "locker room", y dirijase al lugar apropiado para su ejercicio -el salón de aeróbicos, o el salón de ejercicios. Usted entonces será supervisado por un consultor de ejercicios, quien le asesorará acerca del mejor uso de cada equipo o en la clase de aeróbicos. Limitaciones físicas recibirán atención especial.

Luego de una sesión obligatoria de calentamiento, tanto en aeróbicos como en equipo de ejercicios usted comenzará su programa regular.

El ejercicio de aeróbicos consiste de calistenia con música continua. Dicho ejercicio trabajará en todos los músculos importantes de su cuerpo. Esto quema calorías, aumenta la circulación, mejora el sistema cardiovascular, la flexibilidad, y le imparte firmeza a los músculos. También se puede participar en grupos.

También el equipo de ejercicios permite trabajar grupos de músculos individuales a través del uso de equipos de pesa como el Universal, Paramount, Nautilus, etc. Los equipos aeróbicos disponibles para ejercicios cardiovasculares son: máquinas de remo, bicicletas de ejercicios, máquinas para los brazos y otros.

A través de todo este proceso, su progreso será revisado por Marie Demestoir y sus atentos empleados.

Al completar sus ejercicios, un viajecito al sauna será muy conveniente; o un rato en el "whirlpool" puede ser su preferencia.

Luego, de vuelta a su ocupada vida, sitiéndose mejor.

Llame hoy mismo para concertar una cita para su primera sesión. Si desea más información acerca del "Spa and Wellness Center" o tiene alguna pregunta, por favor llame al fisiólogo Kerry Gillespie al teléfono 624-7373.

Hagamosla Oír

Los hispanos en esta comunidad tenemos una obligación hacia nosotros mismos y nuestra comunidad de utilizar el derecho natural, y poder del voto. En este modo nosotros podemos verdaderamente expresar nuestra preocupación sobre nuestras condiciones y tener un efecto indirecto en nuestro futuro.

La Asociación Hispana de Vivienda y Desarrollo Económico y Cívico celebrará una campaña para inscribir votantes y todos estamos llamados a inscribirnos para votar. Nosotros, la comunidad hispana, tenemos una voz fuerte; hagamosla oír.

Volunteerism Means Caring

For some of the residents of NCC, families performing volunteer work is as precious as life itself.

"We can't imagine going through life without trying to help others" was the repeated phrase at an orientation meeting last week for Homeaides. The task of the Homeaide will be to provide light housekeeping chores, meal preparation (when necessary) and other services i.e., shopping and some personal business matters. Some of the volunteers have sacrificed as much as three days a week going wherever they are needed, helping out our Seniors and young disabled.

If you have time, and a generous heart please join our Homeaide volunteers. Volunteering keeps you young! Recognition has to go to Manor Families at 72 Hayes Street for the following volunteers: Deborah Rodriquez, Bessie Jacobs, Ida Williams, Dorothy Page and Brenda Williams. Also NCC Homes Families have the following: Carol Lambert, Barbara Lavon, Betty Frazier, Yvonne Green and Clara Sloppy.

Our deep appreciation to all of you for your generous spirit.

New Community Federal Credit Union Update

Mr. Patrick Richards will be the person greeting you at the New Community Federal Credit Union as he assumes the job of managing NCC's financial venture.

Mr. Richards has come up through the ranks at NCC and we wish him well in this important post.

President Roberta Singletary has also been getting the word around about the new credit union. She is continuing her membership drive for families through August, and will be visiting NCC buildings. Watch for flyers for dates.

Right now Roberta is going to work locations such as the security base station to explain the benefits of the credit union — which puts all the money it earns back into our own community.

Soon Roberta will be visiting community room meetings in the evenings. Did you know you can open an account with a five dollar bill?

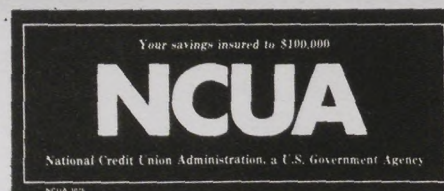
Another important task Ms. Singletary is handling is a survey of residents concerning the value of

them of being able to make direct deposits either through work via a payroll deduction plan or by having their pension or Social Security check deposited safely in their credit union account each month. The second service we would like you to consider the value of is money orders for \$1.00 to

surveys so far.

Needless to say 180 made her day.

Many new employees have joined the NCFCU and many more have in-



credit union members. That is a whole lot less than a post office or bank would charge. Bills could be paid conveniently that way.

In her visit to NC Associates at 180 South Orange Avenue Roberta gave her survey sheets to Mrs. Carson and Mrs. Watkins, and was surprised and pleased at how quickly they were distributed, filled out and collected. Roberta has them back already, and over 80 individuals completed



Patrick Richards

creased their payroll deductions.

Before long, with enthusiasm such as this, dividends will be declared and loans will be flowing to smooth over those "need a car, need a vacation" blues.

Let's try to reach the 1 million dollar mark — soon.

ST. JOSEPH PLAZA
THE SANDWICH SHOP
233 W. Market Street
Newark, N.J.

**TAKE OUT
BREAKFAST
SPECIAL
7 A.M. — 9 A.M.**

Ham and Egg on Roll	\$2.95
Sausage, Egg on Roll	\$2.95
Ham, Egg and Cheese on Croissant	\$3.25
Bacon and Egg on Croissant	\$3.25
Sausage and Egg on Croissant	\$3.25



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(201) 624-7373

Physical Fitness is a commitment we make to our bodies in order to maintain the highest level of personal health. Jean Jacques Rousseau said, "The weaker the body the more it commands; the stronger it is the better it obeys." It has been documented in several studies that physically fit individuals have less back problems, illness and sicktime, besides experiencing higher levels of energy. Physical fitness is not achieved without effort, but the effort makes the end product more satisfying. When you dissect the word fitness, each letter represents one specific aspect that establishes the ground work an individual would need to achieve and maintain fitness.

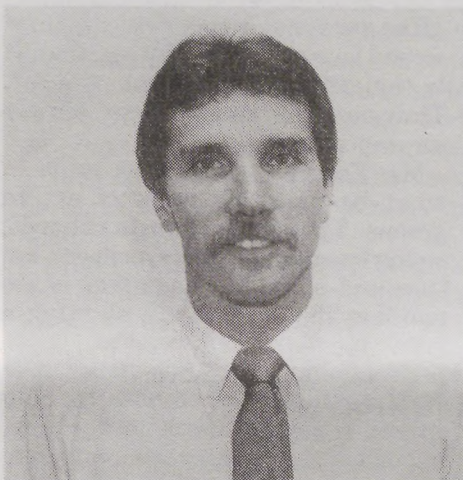
The first 3 letters in fitness (F I T) represent the 3 main components necessary for aerobic fitness to take place. The letter F represents Frequency, or the number of times per week that a person should exercise. We would recommend that you exercise 3-5 times per week. If burning fat is a concern (and it is for most of us), the more often you exercise in a week (even if it's just going out for a walk) the more calories you will burn.

The I is for Intensity, or the amount of effort you must exert during a workout. The intensity at which you should work out is measured by the heart rate. The training heart rate or target heart rate is a percentage of a person's maximal heart rate. There are two main ways to determine this rate. To find the actual maximal heart rate, a person would need to undergo a maximal stress test (or stress electrogram). A predicted maximal heart rate can be obtained by use of an equation. Once you have either the actual or predicted maximal rate you would need to multiply that number by 70% and 85%. The 70% to 85% level is the intensity that one would need in order to obtain the proper training level. To work below 70% would not be enough to achieve a training effort and over 85% would be counter productive (Note: If you are on medication for your heart or blood pressure this rate can be affected by that medication. Consult your physician before starting a program).

The T is for time, or the duration of the exercise session itself. The minimum exercise session should be 20 to 30 minutes in length. This standard is for your cardiovascular benefit; the time spent over this will, of course, burn more calories. The frequency, intensity and time are the 3 main components of aerobic exercise and must be present in order to achieve the benefits from the exercise.

The N in fitness is for Nutrition,

The Anatomy Of Fitness



by Kerry Gillespie,
Exercise Physiologist

which is an integral part of a good fitness program. Nutrition is more than just eating from the four basic food groups (grains, meat, dairy, fruit and vegetables) each day. It is also obtaining and maintaining a healthy weight and decreasing blood fats. A person can not let the fact that they exercise regularly, justify eating junk food or overeating.

The E stands for efficiency or the ability of the body to perform work. As you get into better aerobic shape your body will become more efficient. The heart will perform more with less effort. Your day to day routine, with all the pressures, will be easier to tolerate. It won't solve your problems, but it will help you cope with them.

The First S in fitness is for stress reduction, or learning to cope with life's pressures. As we said, being fit will not solve all your problems, but a more fit body can help you deal with the adverse effects of stress better. Make an effort to put things in their proper perspective so you do not get carried away.

The Second S, is for strength or the power that the muscles of the body can exert. The body can train for both strength and endurance. The use of weight machines or free weights will increase the ability of the muscles to contract. The two systems (strength and endurance) work together to make up the totally fit body.

Fitness is a state of mind as well as body and you cannot achieve it with exercise alone. You must be willing to make the life style changes necessary, in order to be truly fit. Today would be a good day to start a program of healthy living which would include proper rest, good nutrition and regular exercise. As Ralph Waldo Emerson said, "This time, like all other times, is a very good one if we know what to do with it."

Give It A Whirl!

The repairs on the whirlpool have been completed, and it is in full operation. We would encourage our Spa members to give it a whirl. Come and relax in the warm swirling comfort of the New Beginnings Spa Whirlpool. For the comfort and safety of our members we would like to make the

Not For Women Only

New Beginnings Spa & Wellness Center breaks the ice with versatility excitement and energetic vitality. It is also responsible for breaking a few myths. In conjunction with circuit weight training, aerobic exercise has proven merit — even for men.

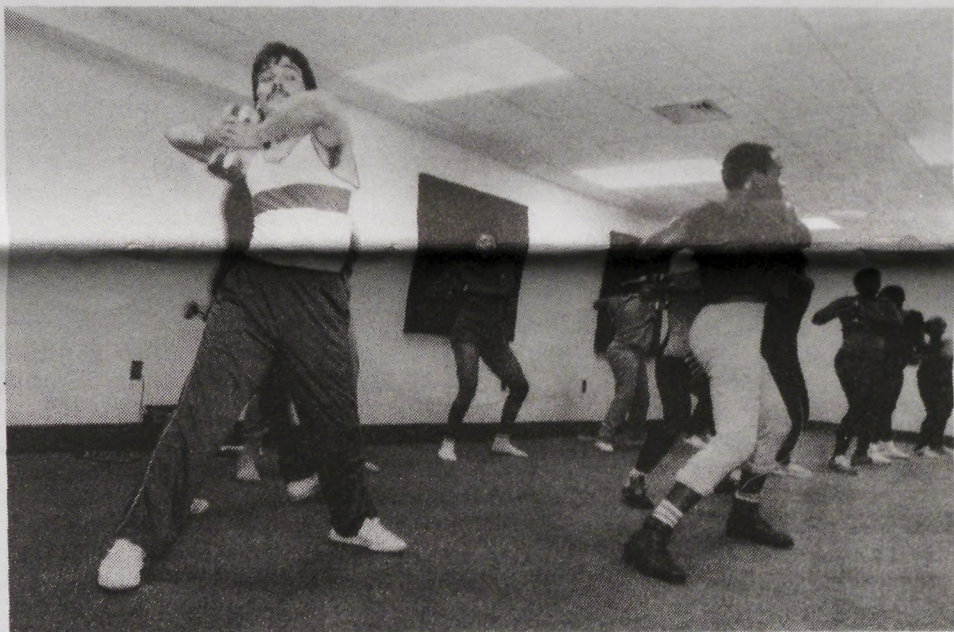
When questioned about the significance of aerobic exercise eight out of nine male members responded with the general concept that aerobic exercise is easy and that it is an exercise designed for women. After taking the aerobics class at New Beginnings we received a new and positive response characterizing the aerobic class as challenging, motivating, invigorating and exhilarating.

Headed by a team of trained professionals each music-filled class, with an assortment of male and female members, begins with a variety of warm-up exercises and stretches enabling the body to limber up. That portion is then followed by controlled breathing and calisthenics. The instructor then smoothly shifts to the aerobic exercises to work various parts of the body. Aerobic exercise provides cardiovascular and local

muscular endurance. Aerobics also increases the heart rate to its work rate improving circulation and respiration. Aside from general conditioning and physical well being aerobics is a main contributor to burning off body fat. When participants approach the conclusion of the rejuvenating workout they are then smoothly converted to the cool down segment which relaxes and slows the heart to its normal rate.

One male member voiced "...up to a couple of weeks ago I thought that aerobics would be a waste of time; however, after taking the aerobics class I lost a considerable amount of weight in just 3 weeks. I also noticed that my waist line and stomach measurements were reduced. I feel great knowing that aerobics are a part of my exercise regimen." Other male participants agree that aerobic exercise gives life to their exercise program and that it is an excellent total body workout. They also exhort that it is a great way to meet new people.

At New Beginnings the concept that aerobics is a woman's exercise is a trend reversed.



Men and women find aerobic exercise with weights good for the whole body and not as easy as it seems.



following recommendations: (1) We recommend that any person using the whirlpool wear a bathing suit and rubber shoes (flip-flops); (2) We do require a shower before entering and suggest a shower after you come out

to rinse off; (3) The recommended time in the whirlpool is 2 to 5 minutes.

This is what you have been waiting for, so come in, workout, and then relax in the whirlpool! You deserve it!

NC Gardens

A good time was had by all! Old and Young came together on July 4th for a picnic that was just outstanding. The food was delicious and well prepared. Conversation and hospitality were shining lights throughout the day. When everyone pitches in, all things are made easy. We have a beautiful patio on the side of our home and that became the place for the barbecue grills and tables where the food was arranged in a very appetizing fashion. Meals were prepared and delivered to all the shut-ins who were unable to join the festivities.

Our younger residents of the building did all the leg work. Special appreciation goes to Ms. Edna Gillians and Ms. Peggy Owens for their untiring assistance throughout the day.

Mrs. Edna Davis
President

Social Security In The News

OLDER AMERICAN REPORTS (MAY 3) — The U.S. Senate bowed to pressure from a robust senior citizen lobby by voting down its Republican leadership's proposal to trim the Social Security cost-of-living adjustment (COLA).

The action cast serious doubts on the viability of the deficit reduction plan backed by President Reagan and Senate Republican leaders.

In a 65-34 vote, the Senate passed an amendment offered by Sens. Alfonse D'Amato, R-N.Y., and Paula Hawkins, R-Fla., to exempt the Social Security COLA from cuts.

A number of activities are planned to celebrate the 50th anniversary of the Social Security program this year. The theme of the commemoration is "Partnership with Tomorrow."

The activities will culminate on August 14, the day on which President Franklin D. Roosevelt signed the new law in 1935.

The U.S. Postal Service is issuing the commemorative stamp at the Social Security Administration headquarters in Baltimore on August 14.

The International Social Security Association, which will hold a regional meeting in Washington, D.C. in September, will also commemorate the anniversary as will the Department of Labor. The latter administers the Unemployment Insurance program which is part of the original Social Security Act.

Social Security offices will be sponsoring open houses and activities in conjunction with local officials and agencies during the month of August. Interested persons and organizations are invited to participate.

A report published in the January, *Social Security Bulletin*, is entitled *Distribution of Income Sources of Recent Retirees; Findings from the New Beneficiary Survey*. The report noted that 83 percent of married men and their wives and 69 percent of unmarried beneficiaries had income from assets to supplement their Social Security benefits. Some 56 percent of married couples and 42 percent of unmarried beneficiaries had income

NC Manor

Garden In Bloom



Pauline Hunter, Thurman Fagen and Ken Wilcher proudly admire their garden at NC Manor Senior.

The garden at Manor Senior is in its second year and in full bloom, thanks to the diligent care of our own Mr. Thurman Feggins. Looks simply scrumptious!

Mr. Feggins takes great pride in what he calls his work of art in greens. The garden boasts collards, string beans, cucumbers, peppers, lettuce and more. He has plans of expanding the garden and planting a late crop of summer veggies.

Mr. Feggins is known in the building for his readiness to help others, by going to the store, bank, doing odd jobs or whatever he can do to lend a hand. "I like to help others less able than I am. It makes me feel good," he told us.

Thank you Mr. Feggins for making our garden grow.



Kids enjoy volleyball as grandparents watch during New Community Manor's First Annual Grandparents and Children Picnic in park adjacent to St. Rose.

Grazin' In The Grass

On Saturday, July 10th, the sun was not bright and a gentle breeze was stirring. The aroma of barbecuing chickens and grilling franks filled the air, not to mention the many waiting stomachs...because this was the day of New Community Manor's First Annual Grandparent's Children's Day Picnic.

Often the "grands" get together but they can't run and play or have just plain good fun. So the idea of a picnic was created to allow a mixing of the generations and other families as well.

The park adjacent to St. Rose of Lima Church was the ideal location for an afternoon of eating, playing, sunning and funning. The area is equipped with a stone grill, housing four units for cooking and a large warming area. There are rest room facilities, a play section for the little ones and plenty of grass for grazin' and lazin'!

"I don't want to leave", and "Can we do it again tomorrow?" These were some of the reactions from both the young and the not-so-young. Like everything that has a beginning and an ending so did our picnic. No one can say they left hungry or overworked, but, surely everyone was headed for a good night's sleep.

To all the grandparents and children, and grandchildren, thank you for making our picnic a family success. Keep love and God in your hearts and remember we all need each other.

Joyce Holmes



NC Commons Seniors

The "140" Club had their installation of officers for the next year. They are:

Viola Walker — President
Connie Wise — Secretary
Ruby Dawson — Corresponding Secretary
Justino Lugo — Finance Secretary
Harriet Lewis — Treasurer
Beatrice Harris — Chaplain
Mr. Ralph Simpson & Richard Barfield — Sgt. at Arms

The "140" Club also had their birthday party for "birthdays" — Jan. to June 1985. A good time was had by all that attended. The shut-ins and handicapped received dinners also which were delivered to them.

There is also a new swinging club called "The Oldie, But Goodies" whose President is Osteena Hill. It consists of getting together listening to old records and dancing, eating and drinking.

The Men's Club is still going strong with their delicious breakfasts, 6 days a week. Come on down and enjoy. Everyone is welcome.

Connie Wise

from pensions. However, Social Security benefits remained a major source of income for most beneficiaries.

The Douglas

June was a busy month at the Douglas. The arts and crafts club closed out for the season with a party for themselves. They had a grand time. Their president is Grace Chambers. Some of their work can be seen on the walls of the community room.

The coffee clotch closed for the season with a breakfast. It was a welcome treat and enjoyed by all that chose to stop in.

The community room looked like a real cafeteria with its red & white checked table cloths. The setting was beautiful.

There were mixed emotions on learning that Sister Hortensia was being transferred to another building. She had become a part of the "Douglas

Family." The way she worked, helped and spread her love throughout the building, one could not help but love her. To show our love and appreciation for the TLC Sister extended to us a breakfast was given in her honor in the Douglas community room.

She was presented with a plaque from the Tenants Association by her "Douglas Family," and given a certificate from the arts & crafts club. The We Care Club presented her with a beautiful address book and the lovely breakfast was also the compliments of the We Care Club.

Best of luck to you Sister Hortensia, we will miss you, for you are loved.

Alma Hanks



Making presentation to sister Hortensia at recent farewell breakfast held in Community room at NC Douglas are, left to right Edith Lott, Mable Kierney, Mary Davis, Alma Hanks and Grace Chambers.

Babyland Summer Enrichment

(Continued from page 1)

listing of what we've attended there includes the Childrens' Black Film Festival, a Mini Zoo, an Art Exhibit and an outdoor theatre in the garden. This month we'll be going to science demonstrations, the planetarium and jazz concerts.

August should be an exciting month, our computer program will be in full operation, enabling each child to familiarize himself with the keyboard, disk drive system and other basics, necessary to use computers.

In sports; teams from Babyland will be competing with other day camps in baseball, volleyball, kickball and track. The swimming and tennis lessons will continue, and everyone will get a chance to ride a horse off into the sunset.

In music; we have a talented group of dancers, singers, and models who produce and perform their own shows. Schedules of these events are posted at St. Rose and all parents and

friends are welcome to attend.

Speaking of entertainment, one of our counselors, Mary Davis, is also a professional singer who has a record coming out this month. The song is "If You Want My Love To Last," and all of us at Babyland know it will be a hit. Listen for it on the radio, look for it in the stores and join us in wishing Mary the very best.

Finally, the last 3 weeks of August will focus on getting everyone ready for school in September. We'll review basic math and reading skills every day. So if your child is getting bored at home, why not enroll him/her in our program for the last 3 weeks of August? He'll have a head start for the new school term and also have a good time. Go to Babyland III or St. Rose of Lima School and sign her up now!

Hope everyone has an enjoyable summer.

Dan Fabrizio

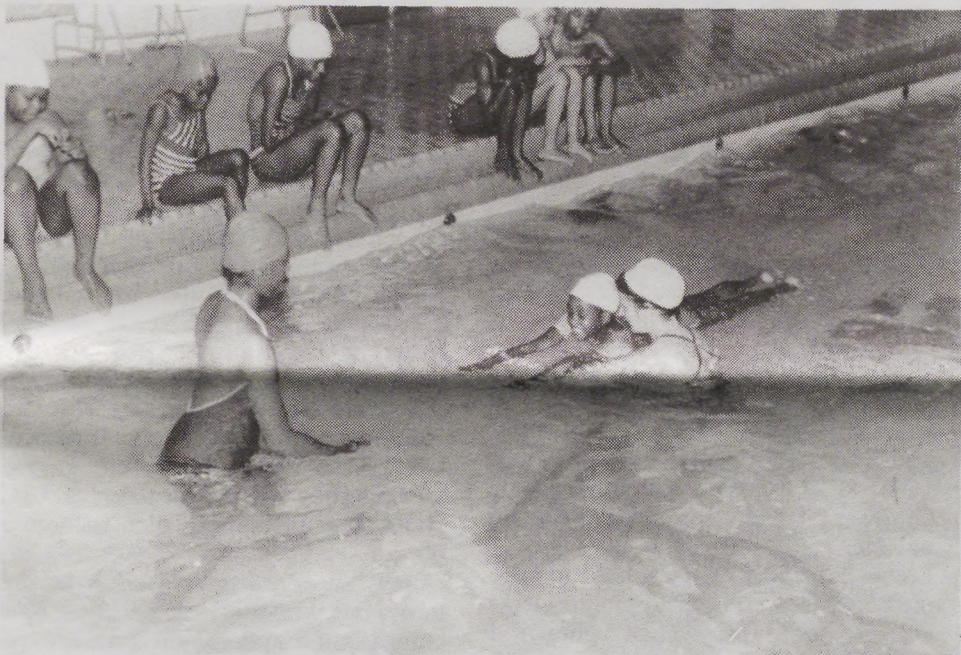
Summer Program Co-ordinator



Tennis Anyone? Instructor Phil Brown from the Essex County Department of Parks and Recreation shows new tennis fans how to position themselves and their racquet for a backhand volley.



Environmental Specialist Tom De Angelo demonstrates the proper way to bait a hook so that the fish don't "walk off" with your worm.



YMCA swimming instructor Mary Ann Nepowada teaches youngsters from Summer Enrichment Program how to swim.

HEALTH SKILLS TRAINING PROGRAM



Admitting Clerk



Nursing Assistant

Health Skills Training Program Offered

The Health Skills Training Program is designed to service students aged 18 years and older, who have a high school diploma or G.E.D., who meet Jersey Training Partnership Act eligibility requirements, who test above sixth grade competency in English and Math and who demonstrate a real interest in health service work and a career in the health field. These students will be trained in a 210 hour program (five 7 hour days for 6 weeks) which includes classroom instruction and clinical experiences in Essex County.

For More Information call: 623-6114.



Lab Aide

- Admitting Clerk
- Dietary Worker
- Housekeeper
- Ward Clerk
- Pharmacy Aide
- Lab Aide
- Transporter
- Dietary

The SANDWICH Shop

At St. Joseph Plaza
233 W. Market Street
Newark, New Jersey



SUMPTUOUS SUNDAY BRUNCH 9 A.M. - 2 P.M.

Scrambled Eggs • Corned Beef Hash • Crabmeat Au Gratin
Baked Ham w/Apple Sauce Glaze
Beef and/or Pork Sausage • Bacon
Southern Fried Chicken • Shrimp Creole • Pasta
Hash Browns • Rice, Grits • French Toast • Toast
Corn Muffins • Buttermilk Biscuits • Rolls
Apricot Nut Bread • Carrot Bread • Fresh Fruit Bar
Pink Champagne Punch • Coffee, Tea, Iced Tea, Milk
Old Fashioned Lemonade • Orange Juice • Grapefruit Juice

All You Can Eat!

Adults — \$5.95 • Children 12 & under — \$3.00

COUPON

COUPON

\$1.00 OFF
Adult Menu

COUPON

COUPON

Young People Tour St. Joseph Plaza

A group of young people from the Community Clearance Program of Newark, funded by the Summer Youth Employment Program, paid a visit to St. Joseph Plaza recently to see what a transformation the old former church had undergone. Many thought it was still a church — until they stepped inside the door.

Ms. Cecilia Faulks explained the new use of the building to the bright and curious group, as they traveled from the health care center to the spa and looked in on the restaurant facilities.

The group cares about Newark and its environs as evidenced by their choice of summer jobs. The group of 150 participants all told goes out within their areas and cleans up the vacant lots, abandoned cars etc.

There is a lot **contest** even, said assistant Coordinator Colette Thomas, and a prize for the prettiest lot.

Some reactions to the Plaza were — "You have a nice facility here. I thought it was a church until today," from Keith Bowden. Sonia Ortiz found it fascinating because she was baptized in St. Joseph's Church. She thought it looked better now than when she was here as a child. "It's very nice, I like it a lot," Deborah Jones told me in her quiet voice. She admitted she knew it was here, but she also thought it was a church. "It was a shock seeing it like this," she commented, noting that she had never previously been inside.

We're happy these young people are doing the job they are and we'll try to keep brightening up Newark too.



Exercise physiologist Kerry Gillespie demonstrates the use of the treadmill at New Beginnings. The treadmill is good for a cardiovascular workout.

"A certain amount of opposition is a great help to a person. Kites rise against, not with the wind."

—John Neal

Health Care Action: July

Send greetings to your Senators and Representatives in Congress on the anniversary of the enactment of Medicare.

The Medicare program became law on July 30, 1965. Since then, health care costs have increased so dramatically that Medicare is in serious financial trouble, and the people it was supposed to help are paying as much for health care now as they were in 1965. To make matters worse, some politicians are proposing to cut Medicare and Medicaid benefits in order to reduce huge budget deficits.

You can help protect Medicare. Send your U.S. Senators and Representative in Congress a Medicare anniversary card urging them to renew their commitment to the program by supporting efforts to control health costs and maintain quality care.

If you would rather not send a personal message, here's an anniversary

poem that can be added to a standard greeting card:

You gave us Medicare in '65 so we could afford to stay alive.

The law was signed just 20 years back,

but the health care system's out of whack!

Medical bills are now so high...

Our pocket books have been drained dry.

Please search your heart, and then be bold—

Save Medicare for young and old.

Here's a solution, that's wise and fair...

Control the costs and keep the care. Send the cards to your members of Congress at the following addresses:

U.S. House of Representatives
Washington, D.C. 20515

and
U.S. Senate

Washington, D.C. 20510

Taken from AARP News

★ ★ ★ ★ ★ ★ ★ ★ NC Color Guard To Lead Parade ★ ★ ★ ★ ★ ★ ★ ★

This year, for the first time, Newark will be the proud host for The United States Youth Games.

On Tuesday, August 6, 1985 beginning at 2:30 p.m., the opening day ceremonies for these games shall take place with a four (4) city torch relay and a parade down Broad Street.

The New Community Honor Color Guard has been asked to lead the parade.

The games have been held for the past 18 years, and many major cities across the country have sponsored this youth athletic competition. Newark's Department of Recreation and Parks will be handling the event.

New Community is proud to have the privilege of seeing their security color guard leading the way under its commander, Sgt. John Jackson.

Welcome Home Marvelous Marvin Hagler

NCC will welcome the world's middleweight champion on August 2nd.

Hagler and his brother, Robbie Sims, New England's middleweight champion, will be officially welcomed by Newark City Council President Ralph T. Grant, Jr. and other dignitaries. During the visit, the two brothers will join in a motorcade and take part in an awards ceremony on the steps of City Hall. After the Haglers receive City Council resolutions and distinguished service awards they will motorcade through NCC where they will also receive a plaque.

NCC's own colorguard will head the motorcade. In the lead will be Color Guard Commander John Jackson and security guards Anthony Moultrie, Morris Flemings, Michael Sykes, Charles Davis, Bilal Ali, and Alton Willis.

We hope all residents will make an effort to be on hand to welcome Newark's very own.



Emilio Cruz slides into home scoring first run in a management victory of 12-3 over Security. Game was hotly contested with a 3-1 score going into the 6th inning. Matt Reilly was voted MVP for the game and Andy Cuevas was the winning pitcher. Each player did well.



CPR

CLASSES

**OPEN TO
ALL STAFF**

**NCC, ST. ROSE
BABYLAND**

NCC RESIDENTS

MONDAY 6:00-9:00 P.M.

NCC COMMONS PAVILION

298 MORRIS AVE.

Instructor Soleidad Alston

375 3143

To Your Health!

Giving and Receiving Clear Information When You Visit the Doctor

Doctors and patients are partners. The doctor depends on the patient for basic information. And the doctor's advice is good only if the patient follows it. As soon as you, the patient, leave the doctor's office, you are in charge of obtaining your medicines, taking them according to instructions, and paying attention to the results. You have a nee — and a right — to know how to do this properly.

As a patient, you wear two hats. First, you are a person seeking help because you are sick. Your task here is to tell the doctor what he or she know and submit to examination. Second, as the person who must manage your own health care plan, you must learn as much as you can about your state of health and about the medicines prescribed for you. If you do not get full, clear instructions, the best medical opinion may be of little help.

Unfortunately, a visit to the doctor may end with the patient not really understanding what to do. What can you do to guarantee that you get good instructions? To answer this, let's look at what often goes wrong when you visit the doctor, what can be done about it, and what information you should have when you leave.

What Goes Wrong?

In the doctor's office, you may be anxious and may feel ill and weak. You are examined and questioned, often by a stranger asking intimate questions. The doctor may seem too busy or impersonal; his or her tests may cause you pain or embarrassment. Several other people may be waiting to see the doctor. The office itself may be uncomfortable. Seeing a doctor may be something new to you, and you may be uncertain about what to ask, how to ask it, and how the doctor will respond.

Many of the questions you want to ask might never quite come up. This is understandable. The relief we feel at having an expert take care of us might make us forget that in the weeks and months to come, we will be responsible for taking our own medicines. We may not realize how important it is to know about these medicines so we can avoid any risks.

Does that sound discouraging? You can do something to improve things.

Preparing for the Doctor's Visit — What To Bring

As the doctor's partner, you should tell the doctor all he or she needs to know in order to diagnose your problem and prescribe the proper medicines. Think about the office visit beforehand — and while you do, prepare a written list of things to tell the doctor and questions you want to ask. If you have trouble writing, ask a friend or relative to help you prepare this list.

When you go to the doctor, bring all the medicines you are using, or — if

it is easier — bring a written list of all of them. Include the drugs you take that do not require a prescription, such as aspirin or laxatives. Every doctor you see needs to know about all your medicines that will cause a bad reaction when taken together with your other medicines. One drug might harmfully reduce or increase the effects of another; or the combination of two drugs may produce a new and dangerous reaction.

You should also bring a written list of your allergies and the medicines you have had a negative reaction to.

- Information To Get from the Doctor**
- By the end of the visit, you should get instructions from the doctor for properly taking any medicines prescribed. Before leaving the office, you should know the answers to these questions for each drug prescribed for you:
- What am I taking?
 - When and how often should I take it? Under what circumstances — before, with, after, or between meals? At bedtime? As needed?
 - How long should I take it?
 - Will there be any side effects? Should I report them?

Information To Get from Your Doctor About Each Drug Prescribed

Here is a chart containing a list of questions and space for answering them that you can use as a guide for getting the information you need from the doctor. You can copy this chart and bring a copy to be filled in each time you visit the doctor. (You might want to bring additional copies in case more than two medicines are prescribed.) If you go over the list of questions before the visit, you will be more alert to what information you should be getting.

QUESTION	DRUG A	DRUG B
What is the name of the drug?		
Why am I taking it? What's it for?		
How often should I take it?		
How long must I take it?		
Will there be side effects? What are they?		
Are there any side effects I should report to the doctor immediately?		
Is there anything special I should know about in taking this drug? (For example, take with meals; other drugs I shouldn't take with it; driving restrictions.)		

FOOT FACTS:

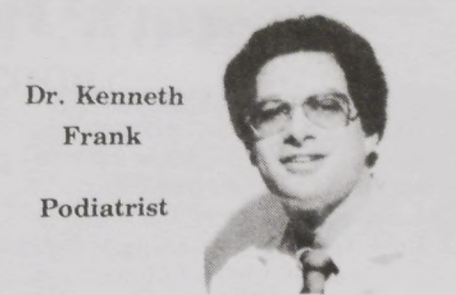
For The Elderly

Office Hours at St. Joseph's Plaza
9 - 12 Mon.
9 - 11 every 1st & 3rd SAT.

EXERCISE Just a word about exercise...Moderation! Overexertion is bad for the young and worse for the elderly. Walking is an excellent exercise for the feet and may be the ideal form of exercise for the elderly. Either choose jogging, if your physical condition permits, brisk walking or a combination of walking steps or jogging steps. A good running shoe will help avoid pain or injury.

Mild exercises can be done even in a wheelchair. The rocking chair treatment is an easy and enjoyable exercise which was extensively used by the late President Kennedy. Additional exercises for senior citizens may include garden chores, shuff-board, horseshoe pitching, bait casting, golf and bicycling. Your podiatrist may advise special exercise.

ORTHOTICS An Orthotic (foot arch support, removable insert, foot appliances, etc.) is any device for the feet that is inserted in foot gear to improve the function of the feet while walking, standing or running. It aids in prevention and control of foot related problems. An orthotic may act as a shock absorber compensating for the loss of fat tissue. Older people may lose the pad of fat that cushions their feet which leads to pain in the



ball of the foot. In many cases, a soft orthotic can replace the foot's natural cushion.

SURGERY The elderly are subject to many foot disorders which are best treated by surgical intervention if there are no medical contraindications. Surgery, for the geriatric patients, should be judged by the physical age rather than the chronological age alone. For the patients who have bunions, corns and calluses, hammertoes, metatarsal abnormalities, ingrown toenails and similar deformities, surgery may be a great value in correcting a long-standing source of pain and irritation.

PREVENTION Regular checkups are the best way to insure feet which will keep on working throughout the retirement years. Minor disabilities that greatly handicap older persons may be detected by physical examinations. Take heed of your podiatrist's advice and do not attempt home treatment.

—“To be Seventy years young—
is sometimes more hopeful than to be Forty years old.”
Oliver Wendell Holmes

Behind The Shelter Door

The poem below was written by a battered woman. It speaks of the roller coaster like emotional effect in such a relationship — and of despair. To read it is to learn of the world created by domestic violence — and of its heartache.

Peace

Be with me in peace
Or go away
It is your in and out
That drives me wild

Your changing:
Being there
Going away
Loving me then
Hitting me
Then loving me again

Its wearing me down
Eroding my spirit
Changing me
So I am no long Me

Please be with me in peace
Or go away
Or I will

from *Saying No To Violence*, Mary Maracek page 23. Reprinted with permission.

The statistics below were compiled by Cheryl Edwards of the N.J. Division on Women

The FBI estimates that one out of two women will be physically abused at some point in their lives by the men with whom they live.

Battering precipitates 1 in every 4 suicide attempts by all women and half of all suicide attempts by black women.

There is an old town ordinance in Pennsylvania that no husband shall beat his wife after 10:00 p.m. or on Sunday.

State of New Jersey Court year 1984 includes 27,140 complaints filed against domestic violence.

While you were reading this 4 women were beaten.

If you or someone you know needs help, support or advice — please call: in Newark 484-4446, in Caldwell 226-6166.

ATTENTION ALL TENANTS
NCC Health Care Center
623-2480
Transportation to NCC Health Care Center will be provided for your convenience.



Newark Public Library

ROOT SERIES

Roots, one of the most popular series in television history, will be shown in its entirety on six consecutive Tuesdays at the Newark Public Library beginning at 2:30 p.m. The schedule is as follows:

July 30 — THE AFRICAN — parts 1 and 2

August 6 — THE SLAVE — parts 1 and 2

August 13 — THE ESCAPE, THE CHOICE

August 20 — UPROOTED, CHICKEN GEORGE — part 1

August 27 — CHICKEN GEORGE — part 2, THE WAR

September 3 — FREEDOM — parts 1 and 2

All showings will be in the Library auditorium, 4th floor.

Roots is the saga of Alex Haley's own family beginning with the birth of Kunta Kinte in West Africa in 1750. The story traces Kunta Kinte's life through his abduction into American Slavery and his experiences in this new and strange land. The story continues through subsequent generations, including the Civil War, Reconstruction and finally, freedom.

When **Roots** was originally shown on television in 1977, it drew the largest audience in history. About 80 million people, or roughly half of all U.S. families shared what was aptly described as a social phenomenon. Since its showing in 1977, **Roots** has been written about, discussed, highly praised and widely criticized. It has continued to receive acclaim and is recognized as one of television's greatest accomplishments. Haley has become a widely sought speaker and the book, which started it all, has become one of the all-time top sellers.

"Many teenagers who were too young to fully appreciate the value of **Roots** have an excellent opportunity to see the entire series," said Bunny Grey, Young Adult Librarian at Newark Public Library, "and we encourage kids and grown ups of all ages to join us."

The series is offered **FREE** of charge in the Library's fully air conditioned auditorium.

The Main Library is located at 5 Washington Street in downtown Newark. For more information, call the Library at (201) 733-7800.

Downtown Newark Lunchtime Concert Series

Seventeen popular lunch-time concerts will take place in Newark's Washington Park and in the Public Service Electric and Gas Plaza in downtown Newark during August to help put Newark and Essex County back on this area's cultural map.

On August 1 is "Ron - Ready or Not" who features top 40's sound in PSE & G Plaza; August 6 — the U.S. Air Force Band rouses lunch-time crowds in PSE & G Plaza; August 13 — John Gluck's "Big Band" sound in PSE & G Plaza; August 14 — Joel Chassan's "Jazz Mirage" in Washington Park; August 15 — "Tuxedo Junction's" Big Band sound in PSE & G Plaza; August 20 — "Northeast" Express in PSE & G Plaza;

August 21 — a jazz concert in Washington Park; September 10 — Don Carter's jazz in PSE & G Plaza; and September 19 — the Johnson Family 12 piece steel band entertains crowds in PSE & G Plaza. All concerts begin at noon and are free.

These concerts are held in conjunction with Public Service Electric and Gas Co., the Downtown Park Committee and Summerfest '85, the Essex County Department of Parks, Recreation and Cultural Affairs' season-long, extravaganza concert and theatre series. For more information on Summerfest's scintillating events in parks throughout Essex County, call the Cultural Affairs Unit at the County Park Department at 482-6400, ext. 220.

New Community Health Care Center

In Affiliation with United Hospitals Medical Center

For Information and Appointments Call 623-2480

9 am to 5 pm weekdays 9 am to 7:30 pm Thursdays

Transportation Available

Monday	Dr. Frank	Podiatry	9:00-12:00
Every Other Monday	Dr. Nunez	Urology	2:30-4:30
Tuesday	Dr. Greene	Medical	9:00-12:00
Tuesday	Dr. Glatt	Ophthalmology	3:00-5:00
Wednesday	Dr. Nunez	Urology	2:30-4:30
Every Other Wed.	Dr. Ryals	Pediatrics	9:00-12:00
Thursday	Dr. Troutman	Family Practice	4:30-7:30
Friday	Dr. Seth	Medical	9:00-12:00
Friday	Dr. Greene	Medical	1:00-4:00
1st & 3rd Saturday of month	Dr. Ryals	Pediatrics	9:00-12:00
1st & 3rd Saturday of month	Dr. Frank	Podiatry	9:00-11:00

Newark Museum Events

PLANETARIUM

Helios

Facts and legends about Helios the Sun God include Greek mythology and modern views of our nearby star. Wednesdays at 3:00 p.m. Fridays at 12:15 p.m. Children under 7 not admitted. Admission 75¢.

The Summer Sky

Learn about summer constellations such as Scorpio, Cygnus the Swan and Lyra the harp. Jupiter, Saturn and Venus are also discussed. Fridays at 2:30 p.m. All ages are welcome. Admission 75¢.

Siesta: A Concert Under the Stars Relax and listen to music of the great composers on our Sony laser sound system.

Wednesdays at 12:15 p.m. Children under 7 not admitted. Admission 75¢.

SUMMER GARDEN

Tuesday Potpourri

Summer programs in the Sculpture Garden begin on Tuesdays with a potpourri of offerings including music, dance, arts and crafts and films. Arts and crafts demonstrations include *Sculpture: Styrofoam & Stone* with Blaise Batko (August 6), *Watercolor Painting* with Meryl Taradash (August 13) and *Spinning & Weaving* with Peggy Hanson and Inge Stechow (August 20). Family films will be screened each Tuesday in the air-conditioned Lecture Room (see page 4 calendar for complete listing). Tuesdays, through August 20, at 12:30 p.m. Sculpture Garden (Court if rain). Family Films at 1:30 p.m. Lecture Room. Free.

Wednesday Science Programs

The Science Department has coordinated an array of Wednesday demonstrations and lectures. Topics are *Knowing the Weather* with Science Department Chairman James McGill (August 7); *Home Computers* (August 14), and *Furs, Feathers and Skins: Animal Adapta-*

tions with Jameas McGill (August 21).

Wednesdays, through August 21, at 12:30 p.m. Sculpture Garden (Court if rain). August 7 in the Junior Gallery; August 14 in the Lecture Room. Free.

Thursday Noonhour Concerts

Our popular noonhour concerts continue in August featuring some of the State's finest jazz musicians. The *Karen McPherson Ensemble* (August 1), *Crossing Point* (August 8), the *Mickey Tucker Quartet* (August 15) and *Salim and the Evening Sun* (August 22).

Thursdays, through August 22, at 12:30 p.m. Sculpture Garden (Court if rain). Free.

Friday Children's Theatre

Fill your Fridays with the fun and excitement of live children's theatre in the Sculpture Garden. *Amy Trompeter's Giant Puppet Circus* appears on August 2; *The Universal Language* presents adventures in African and Afro-American music on August 9; *African Stories and Songs* will be performed by Pam Patrick and Tiye Giraud on August 16, and *Teamwork Dance* blends athletics and dance theatre on August 23.

Fridays, through August 23, at 1:30 p.m. Sculpture Garden (limited seating in Court if rain). Free.

Group Visits

Exciting "trips" to the world of art and the outer limits of our universe are available to camps, summer schools and other children's groups visiting the Museum during July and August. Six different one-hour programs, including *A Visit to Prehistoric Times*, *Summer Scenes by Famous Artists* and *Weather Whys* provide a variety of fun and hands-on learning experience in art, history and science. You can even make a day of it with a picnic in the Sculpture Garden and a concert on Thursday or children's theatre on Friday. Call the Education Office for reservations and fees, 733-6610.

Calendar

30 12:15 Performance Art: Faith Ringgold 1:30 Film: Bugs Bunny in Looney, Looney, Looney (80 min.)	31 12:15 Gallery Talk: Museum Collecting 12:15 Planetarium: Siesta* 12:30 Science Talk: Food 7:30 Black Film Festival (NJIT)	AUGUST 1 12:30 Jazz: Karen McPherson Ensemble	2 12:00 Telescope Sun Spots 12:15 Planetarium: Helios* 1:30 For Kids: Giant Puppet Circus 2:30 Planetarium: Sky* Summer
6 12:15 Gallery Talk: Decorative Arts 12:30 Sculpture Demonstration 1:30 Film: Frisco Kid (122 min.)	7 12:15 Planetarium: Siesta* 12:30 Science Talk: Weather	8 12:30 Jazz: Crossing Point	9 12:00 Telescope Sun Spots 12:15 Planetarium: Helios* 1:30 Music For Kids: Universal Language 2:30 Planetarium: Summer Sky*
13 12:15 Gallery Talk: Money & Medals of Newark 12:30 Watercolor Demonstration 1:30 Film: The Muppet Movie (98 min.)	14 12:15 Planetarium: Siesta* 12:30 Science Talk: Home Computers	15 12:30 Jazz: Mickey Tucker Quartet	16 12:00 Telescope Sun Spots 12:15 Planetarium: Helios* 1:30 For Kids: Storytellers Pam Patrick & Tiye Giraud 2:30 Planetarium: Summer Sky*
20 12:30 Weaving Demonstration 1:30 Film: Buck Rogers in the 25th Century (89 min.)	21 12:15 Planetarium: Siesta* 12:30 Science Talk: Furs, Feathers & Skins	22 12:30 Jazz: Salim & The Evening Sun	23 12:00 Telescope Sun Spots 12:15 Planetarium: Helios* 1:30 For Kids: Teamwork Dance 2:30 Planetarium: Summer Sky*

*Public Planetarium Programs Admission 75¢

Information (201) 733-6600

NCC Summer Youth Program Expands

With its move to four sites this year, our Summer Youth program has been able to not only expand in that respect but grow in enrollment and its services to our NCC residents as well. In the first few weeks, our program has shown that with the involvement of the community and cooperation of all, a program such as this can work.

We serve breakfast and lunches every day to a little over a hundred summer youth. We have taken on 12 new supervisors, who come from our community, and provided over 30 summer employment positions. Our program has and will continue to provide a variety of summer activities and events for all participants through August 30th, which is our closing date.

All of our sites have already enjoyed trips to New Jersey's shore and lakes, with more to follow. Trips to places like Lake Welch, Great Adventure, Bronx Zoo and Space Farms are just a few. The kids are enjoying this summer. Our purpose is to provide the youngsters of our community with a safe environment where they can play, and learn new skills while enjoying the summer. Without the special help of our wonderful and caring "Community People" all this could not be possible. Community workers and volunteers are essential to a program such as ours, so a special thanks and God's blessing go out to all at: **72 Hayes Street**, Ms. Bertha Brown, Pat Brown and Mae Harper; at **225 Hunterdon Street**, Ms. Delores Collier, Ms. Lois Dixon and Patricia Murphy; at **265 Morris Avenue**, Ms. Rose Frazier, Ms. Beverly Palmer and Ms. Claudia Weston; and at **220 Bruce Street**, Ms. Marlene Martin and new comers, Maceo Brown and Gerard (Champ) Jeter. Thanks also to our seniors at 265 for helping us in times of need, and to all SYETP personnel; our own Ms. Beverly Johnson and all the Summer Youth, SYETP and Youth Chance (Mount Carmel Guild).

Eladio Negron

NOW, THERE IS HELP THE ESSEX COUNTY FAMILY VIOLENCE CENTER

SHELTER — COUNSELING
REFERRALS BY TRAINED STAFF
FOR
BATTERED WOMEN
AND THEIR CHILDREN

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NCC Celtics On The Move

NCC's Celtic Basketball Team is steadily moving forward. They are in 3rd place, with a record of 3-3.

These 12 young men have worked hard to try to uphold their past year's reputation as a good ball club. The coaches also deserve a hand for their time and dedication. They are: Melvin Bibbs, Kerry Dobson and assistant coach Will Shaw. The games are held on Tuesdays and Thursdays in Branch Brook Park, between 6:00 p.m. and 9:00 p.m.

There are 3 games left in the regular season, and then the playoffs will begin. Hopefully, our team will be there.

NCC fans gather at each game to cheer the fellas on, and give them that extra push. We are proud of our NCC Celtics, and would love for them to bring home a championship trophy.

If anyone is interested in coming out to the games to support our youth, just call Social Services at 623-6114 for game information.

JoAnn Edwards

Nutritional Food Available To Women And Children

The Health and Welfare Department of Newark is currently accepting applications for eligible women, infants and children (WIC), who may be nutritionally deprived and are within poverty guidelines. WIC provides eligible participants with monthly checks for specific food such as, milk, cheese, eggs, juice, cereals, peanut butter, beans and infant formula.

The program can accommodate a 20 percent increase in applicants. Eligible for the program are pregnant women, and mothers of infants and children, who must be determined a nutritional risk by a competent health professional. They must also meet the necessary financial guidelines that have been established by the U.S. Department of Health and Human Services.

Inadequate dietary intake of calcium, protein, iron and vitamins A and C are considered to be areas of nutritional risk.

Mothers of children from birth through age five with limited income are eligible for this program. For more information call 733-7625 or NCC Social Services at 623-6114.

Virginia Scott



Maceo Brown of NCC Celtics is about to score two points for his team.



Por favor coloque este anuncio en un lugar visible.

ESTOY TRABAJANDO

Si desea trabajar y necesita ayuda para encontrar estos trabajos, ¡Denos la oportunidad de ayudarlo! El Centro de Empleo de la Nueva Comunidad está ayudando a las personas a encontrar un trabajo permanente. ¡Venga Hoy Mismo!

Centro de Empleo de la Nueva Comunidad
(New Community Employment Center)
15 Hill Street, primer piso
Newark, New Jersey 07102
(201) 643-3828

Un Consejero Hispano atenderá todos los martes de 9 a.m. a 1 p.m. y jueves de 2 p.m. a 5 p.m.

Llame para informarse del horario de las entrevistas

Nuestra oficina está situada en Hill Street cruzando la calle Broad, frente a la Municipalidad de Newark. Autobuses que pasan como a media cuadra de nuestra oficina son: del N.J. Transit 24, 27, 39, 49, 51, 62 y 70 y autobuses privados 12, 16, 18 y 24.

August '85 Family Activity Calendar

Day	Date	Activity	Time
Tuesday	6th	72 Club (Manor — 72 Hayes St.)	6:00 p.m.
Tuesday	6th	Shopping for families	9:30 a.m.
Wednesday	7th	NCC Volunteer Home Aides (220 Bruce Street)	10:00 a.m.
Thursday	8th	Manor Club (72 Hayes St.)	6:00 p.m.
Friday	9th	Garden Club (72 Hayes Street)	5:30 p.m.
Wednesday	14th	Family Advisory Board (220 Bruce Street)	6:00 p.m.
Thursday	15th	Boat Ride to Bear Mountain & Poughkeepsie (for more information call Social Services)	8:00 a.m.
Monday	19th	225 Floor Captains (225 Hunterdon Street)	5:00 p.m.
Thursday	22nd	Homes Floor Captains	6:00 p.m.



Tonia Singleton Gives Valedictory Address

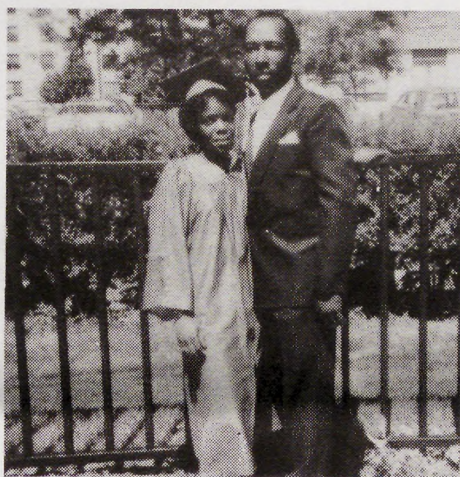
A very important item skipped by all of us last month — a New Community young lady was valedictorian at Newton Street School graduation for the class of '85.

Tonia Singleton, daughter of Sgt. John Jackson from NCC Security earned the honor of addressing the audience gathered for the graduation.

In her speech Tonia called the graduation a "new beginning" and thought she and her classmates were "likely to succeed."

"We must follow our dreams and ambitions as far as they will take us and the doors to success will be open, awaiting our arrival," she encouraged her classmates.

Noting that "we will always remember the path to our educational success and the many experiences we shared at Newton," she finished with this positive note — "All the wonders you seek are within yourself. Classmates remember, if you can imagine it, you can achieve it."



Sgt. John Jackson stands proudly with daughter Tonia after her valedictory speech at Newton Street School graduation.

Outside of school Tonia enjoys hobbies such as dancing and running track, her father told us.

New Community is very proud of her achievement.

Big Brother Program Begins

Two members of NCC Security have taken the initiative in forming an NCC Big Brother's Program. Security Officer Anthony Moultrie will be coordinator of the program, assisted by Security Officer Tommy Scott.

The goal of the program, according to the two, is to reach those children in desperate need of a positive "male role model" for leadership, guidance and understanding.

The statement submitted with the proposal for the group describes the program as a vehicle which will use cultural, educational and recreational activities to expose the children to new experiences and to help those residents and youths who are headed in a healthy direction. The program will also offer opportunities to those who would otherwise be engaged in activities dangerous to themselves, their family and the rest of the community. At the present time 12 youths ages 9-16 are enrolled in the program with parent approval and involvement.

The program will run out of Social Services Youth Department and will take advantage of all youth activities

such as open recreation, boxing and tutoring.

There is no doubt in the minds of the organizers that this is an area with a need for a big brother's program because of the lack of male figures in the family. The success of such a program depends on the involvement of all.

Youths participating in the program are James Ramsey, Jr., Wanzel Lambert, Larkees Collins, Anthony White, James Richardson, Terrell Brown, Clifford Rutchwood, Dave Collier, Terrence Hugseh, Carlos Rodriguez, Rashid Holloway and Clyde Thompson.

Security Officer Moultrie is a Graduate of Rutgers having studied criminal justice. He is also a Vietnam Veteran. S/O Moultrie is a member of the NCC Color Guard. He lives in Newark with his wife Sheila.

His assistant, Security Officer Tommy Scott is also a Vietnam Veteran and attended Union County Tech where he studied computers. S/O Scott is a resident of Newark where he lives with his wife Linda and their 3 children.

Both men have been cited for their work with NCC Security.



Born Again!



If I could only live my life over, I would never make the same mistakes again.

How many times have you heard this said? How many times have you said it — expressed a desire for a new life, a new start free from error? How marvelous it would be to have all new physiological parts, no pains or regrettable memories, no guilt complex, and no sin. How wonderful would it be to be born again.

For a person to live a new and good life he must first terminate the old sinful life. The old deeds must cease and old habits be stopped. The worldly set of values one lived by must be replaced by a moral set of values involving Christian ethics. Where one was concerned with self-gratification, one must now be concerned with living in accordance with the Commandments. The role models one looked up to and imitated must expire and be substituted by a new divine one.

There comes a time in our lives when we feel that our major achievements are in the past. Our lives seem to be at a crossroads. One part of us wants to continue on as we are, while the other side of us yearns to try something new and better. Perhaps it was in such a situation the young rich ruler found himself when he went running to Jesus and asked, "What shall I do?" Like most of us, we want the good but we are not willing to pay the price. We want our blood pressure lowered but we won't stop using salt. We want healthy kidneys and liver, but we won't stop drinking. We want a happy home life but we won't quit cheating. We want peace but we won't stop lying. In answer to the question of the rich young ruler, Jesus said, "...sell all that you have and give to the poor,

...then come and follow me." When the young ruler heard this, he turned and went away very sad. He was not willing to pay the price. We do not want to depart from the past. A ship tied to the dock by a strong rope cannot sail forward out to sea. A ship anchored cannot launch out into the deep toward a distant shore and destiny. One cannot go ahead while still holding on to a post behind one. There is a time to hold on and a time to let go, and one desirous of advancing to a new life must know when to let go of the hindering past.

If you never make the same mistake again, you can, in a sense, live your life over, not as a fetus but as an improved man, an improved woman, a better husband, a better wife, a better neighbor, and a better citizen. However, it is not enough that man be improved. God is not satisfied with merely an improved society; He wants a reborn society.

We are accountable to God for this life, and when we come to the end of our earthly journey and must stand before the throne of the Judge Almighty we will hear Him say, "Give an account of your stewardship! What have you done with your life?"

We want to be able to tell him that we lifted somebody who had fallen, comforted somebody who was sad, fed somebody who was hungry, guided some wayward sheep back to the fold, and were a friend to somebody who was friendless. We want to be able to say that in Christ we became new creatures; old things passed away; and all things became new. We want to be able to say we were born again.

Lewis Graves
Springfield Branch
Newark Public Library



Above, a group of participants in the Big Brother program join NC Social Services on a trip to Shea Stadium to watch the Mets play the Cincinnati Reds. Unfortunately the Mets lost. Looking from left to right are Rashid Holloway, Wanzel Lambert, Dwayne Parker, Clifford Rutchwood, Terrance Hughes, Clyde Thompson, James Ramsey, Jr. and David Collier. In rear are S/O Anthony Moultrie, S/O Tommy Scott and Lladio Negrón, NCC Youth Coordinator. At left officers Moultrie and Scott are shown in uniform with l. to r. James Ramsey, Jr., Rashid Holloway and Wanzel Lambert as they discuss program.

"Without justice, courage is weak."

—Benjamin Franklin